

Hours: Monday -Friday
9:30am - 1:30pm



9411 Whiskey Bottom Road
Laurel, MD 20723
410-313-7218

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August 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 9:30 Coffee Talk 10:00 Good Old Days 11:00 Birthday Recognitions 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">1</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Sing-a-long w/Kay 12:00 Lunch 12:45 Tai Chi w/Dave <p style="text-align: right;">2</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Flower Arranging 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">3</p>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Ice Cream Friday 12:00 Lunch 12:45 Bingo <p style="text-align: right;">4</p>	
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music with Ed 12:00 Lunch 12:45 This Day in History <p style="text-align: right;">7</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Ellis 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">8</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Paws4Comfort Pet Stories 12:00 Lunch 12:45 Tai Chi w/Dave <p style="text-align: right;">9</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Tom 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">10</p>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Luau 12:00 Lunch 12:45 Bingo <p style="text-align: right;">11</p>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Board Games and Billiards 12:00 Lunch 12:45 This Day in History <p style="text-align: right;">14</p>	9:30 Coffee Talk 10:00 Good Old Days 10:30 Healthy Tasting 11:00 Ceramics with Charlene 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">15</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Word Games 12:00 Lunch 12:45 Tai Chi w/Dave <p style="text-align: right;">16</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Al and Anne 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">17</p>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music with Charlie E 12:00 Lunch 12:45 Bingo <p style="text-align: right;">18</p>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Charades 12:00 Lunch 12:45 This Day in History <p style="text-align: right;">21</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Gardening 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">22</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Al and Anne 12:00 Lunch 12:45 Tai Chi w/Dave <p style="text-align: right;">23</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Peach Party  12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">24</p>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 <i>Mighty Keltones</i> Music 12:00 Lunch 12:45 Bingo <p style="text-align: right;">25</p>
<p>Bob Evans Restaurant 9:30am – 1:30pm (410) 290-0004</p> <p style="text-align: right;">28</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Sip and Paint 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">29</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Waffle Breakfast 12:00 Lunch 12:45 Tai Chi w/Dave <p style="text-align: right;">30</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Dog Days 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">31</p>	

Compelling Benefits of Meditation, According to Science

Adapted from <http://www.rd.com/health/wellness/benefits-of-meditation>

Meditation might be a more powerful painkiller than morphine.

Researchers found that meditation reduces pain intensity by 40 percent, which is significantly higher than morphine's pain reduction rate of 25 percent. In the 15-person study, every participant saw a decrease in sensed pain after the sessions.

An "om" a day could keep your blood pressure at bay.

According to NPR, a doctor in Massachusetts asked patients with high blood pressure to try a meditation program for three months, and two-thirds of them showed significant decreases in blood pressure levels at the conclusion of the 12-week study. "When people in various high-pressure organizations try these mini-meditations, more than 90 percent experienced a change in their stress levels; more than 75 percent experienced improvement in creative problem solving, well-being, and work and family relationships."

It might make you smarter.

In a study published by the U.S. National Library of Medicine under the National Institutes of Health, researchers concluded that another benefit of meditation might be that it prevents cognitive loss associated with old age. In the report, 20 long-time practitioners of meditation fared much better on cognition tests than 20 non-meditators. (All of the participants were 55 years old or older.)

You'll actually relax.

Marianela Medrano, PhD says that she recommends mindfulness meditation to her patients who experience emotional turbulence and anxiety. "When you're breathing, more oxygen goes to the brain, and when your brain is well-fed with oxygen you think better. They report the ability of being more in control of themselves."

Meditation makes you happy.

A pilot study under the National Institutes of Health found that practicing meditation could reduce depressiveness and improve mental functioning. In the experiment, 39 dementia caregivers were instructed to either relax or meditate for at least 12 minutes a day for eight weeks. At the end of the two-month period, the meditation group had better scores on depression and health composites tests than the relaxation group.

Happy Birthday Hilda and Clinton!

Outings:

Monday, August 28th: Bob Evans Restaurant Outing 9:30am-1:30pm.

Resource and Referral Information

Maryland Access Point, (MAP): Provides free information, assistance, and future planning for older adults and person with disabilities.

Contact them at 410-313-5980, 1-800-506-5806 or map@howardcountymd.gov.

RTA Paratransit Services: 1-800-270-9553, Press 3 and follow prompts.

Inclement Weather Policy

When Howard County Schools are closed or delayed two hours, the Connections Social Day Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV, call the inclement weather line at 410-313-7777 or contact the center at 410-313-7218 to hear a recorded message regarding center operations.